



GUIDE: Reiki & Healing

Reiki Therapy RESOURCES

HEALING WITH REIKI

Reiki can play a complementary part in an overall approach to healing. Along with Reiki, other healing methods include personal self-education, self-care, support from friends and family, and professional help through therapy.

Some ways in which Reiki can help include:

- Developing a routine of Reiki self-care to care for ourselves
- Using the rituals of Reiki to develop a sense of safety and certainty
- Using Reiki to process difficult emotions and bring a sense of calm
- Using Reiki to clear confusion and provide a sense of clarity to complex thoughts
- Reiki connects with the universal energy in life that reminds us that we are part of a connected human experience
- Reiki history reminds us of our human ability to overcome difficult life experiences
- Reiki reminds us to embrace knowledge, learning, and finding a deeper understanding of ourselves

HON SHA ZE SHO NEN ON

Using the Reiki symbol Hon Sha Ze Sho Nen On can be beneficial in your quest to heal your past. This symbol is connected with physical distance healing and time healing.

Meditate on the Hon Sha Ze Sho Nen symbol and draw it over your chakra system as a methodical process of Reiki treatment. Focus the Hon Sha Ze Sho Nen symbol over your heart (emotional center) and mind (cognitive center).

Be clear about your intentions and your desire to seek healing and develop a hopeful approach to the present and future. You may want to focus on a specific experience or person that has caused you emotional upset.

Make the following statements as you engage in deep breathing, remaining mindful, and meditating on the Hon Sha Ze Sho Nen symbol.

- I am here to heal
- I accept my past
- I release my past
- I forgive my past
- I am here to grow

Read more about using Reiki to heal from your past on our website:
<https://www.reikitherapyresources.com/healing-past>

